



Bake

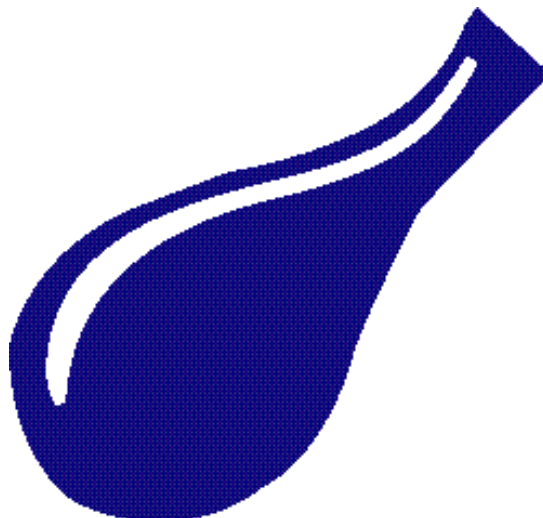
B
r
o
i
l

Reduce the Fat! Just bake, broil, or boil your favorite cuts of meat for a healthful adjustment to your eating plan. Here are some ways to reduce the fat and prepare delicious meals for your family.

- **Look for the lean.**
When looking for the leanest cuts of meat, look for "loin" or "round" in the name. Loin cuts are tender enough for baking, roasting, or broiling. Round cuts are good for boiling, braising, and stewing.
- **Drain the drippings.**
Place meat or poultry on a cooking rack in the oven when broiling or roasting so that the drippings can be discarded. Blot the cooked meat with a paper towel to reduce the fat content even more.
- **Two for the time of one.**
Boil, braise, or simmer meat in water or broth. Refrigerate the leftovers and you'll have pre-cooked meat, as well as a delicious broth, which can be used throughout the week. Fat, which hardens when chilled, is easy to remove with a spoon. Then use the broth instead of water when fixing vegetables, rice, potatoes, stuffing, and more.
- **Savor the seasonings.**
Add seasonings to enhance the flavor of lean meat. Coat meat with your favorite spices before placing in the oven or roasting pan.
- **Make a marinade.**
Combine herbs and juices, such as tomato, orange, lime, or lemon, or use defatted broth, wine, buttermilk, or plain, low-fat yogurt. Use about $\frac{1}{4}$ cup per pound of meat. For flavor only, marinate for at least 15 minutes. For tenderizing, marinate at least six hours or overnight.



B
o
i
l





Bake, Broil, & Boil



Reduce the Fat!

Meats taste great and give you protein to build strong muscles. Have two or three servings of meat a day and look for ways to reduce fat.

Shopping:

- Look for grocery store specials on lean cuts of meat. The leanest kinds of beef and pork have the words "loin" and "round" in their names. The leanest hamburger reads "90% lean."
- Buy beef labeled "select" or "choice" instead of beef labeled "prime."
- Buy lean ham instead of bacon or sausage.
- Try ground turkey or a mixture of ground turkey and lean hamburger.

Making dinner:

- Trim off any fat you see before you cook meat.
- Broil or bake meat instead of frying it. For example, put pork chops in a baking pan, top with mushroom soup, and bake for 45 minutes in a 350°F oven.
- Take the skin off chicken and bake instead of fry. Dip skinless chicken in Italian dressing, then in bread crumbs. Bake in the oven until done. Hint: Poke a metal internal meat thermometer into the thickest piece of chicken. It is done when the temperature reads 165°F or more.
- Drain off excess fat after browning hamburger for mixed dishes.
- Rinse browned hamburger under warm running water for 30 seconds to remove extra fat.

Feeding picky kids:

- Ask your kids to read labels on packages and to help choose products with the least fat.
- When you cook meat in a new way, like baked chicken instead of fried, serve it with an old favorite, like macaroni and cheese.
- Ask your kids to try "three bites" of any new food. Then try the food again another time.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).
<http://www.dhss.mo.gov/mnn>